



## Mothers' Union, Mothers Active

**Supporting parents and families**  
(Introduced in Ely, now happening in Salisbury too)

Members invite mums from the church to meet with them every Friday.

The group start with drinks and cake, and then the children move to another room, where a team of members take care of them.

The mums then share together a Bible passage that they talk through together, and have time to share with each other the ups and downs of daily life. It's an informal opportunity to share friendship, support and fellowship.



Whether the mums are Christians or not, they all value the friendship and informal support which the group offers.

*"Having a place to go where you know you are guaranteed a warm welcome is priceless - sometimes all we need is acceptance, although the tea and cake are a definite bonus! Thank you"*

Please seek advice regarding appropriate Safeguarding procedures to follow

For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website [www.themothersunion.org](http://www.themothersunion.org)